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NEWS  
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## QUEBEC SEPARATISTS DEALT A BLOW

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IN CAMPAIGN CONSIDERED  
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first



## HADFIELD HAD 'EM

Chris Hadfield, decorated Canadian astronaut and former commander of the International Space Station, delivers a speech to students at Dalhousie University on Monday. Hadfield spoke at the school after the university raised the most money in a Movember contest. Story, page 5

JEFF HARPER/METRO

# Drunk driver stopped with kids in back

**Facing charges.** RCMP  
say woman was five  
times over legal limit

A woman who police say was arrested for driving drunk with two young children in the backseat of her car has been released on bail.

Jennifer Ann Sims of Cole Harbour appeared in Dartmouth provincial court Monday facing charges of impaired driving, driving while disqualified and breach of probation.

The 36-year-old was released on a \$3,000 recognizance and personal surety.

Sims was arrested Sunday after an RCMP officer noticed a vehicle stopped in the middle of the Forest Hills Parkway

around noon.

"He went by and looked in the rearview mirror and he still didn't see the car move, thought it was odd," said Cpl. Scott MacRae. "The driver was having difficulty moving the vehicle. There was some grinding of the gears."

MacRae said the driver provided breath samples indicating a blood alcohol level more than five times the legal limit.

More worrisome, MacRae said, was the fact that an eight-month old baby and 13-year-old child were in the vehicle.

"You're endangering very young people's lives, as well as other drivers or maybe pedestrians on the roadways."

Sims was sentenced in September 2012 for a charge of refusing a breathalyzer and a separate count of failing a

breathalyzer. She'd pleaded guilty to both.

The Atlantic Region spokesperson for MADD Canada said it's an "alarming" case that the courts must consider carefully.

"The courts need to look at this person and the pattern of behaviour," said Susan MacAskill. "There should be some assessment of her dependency on alcohol to determine what contributes to this type of behaviour."

Nova Scotia enacted legislation in 2013 that imposes tougher penalties on anyone convicted of impaired driving with a child under the age of 16 in their vehicle. Drivers lose their licence for an extra year and must participate in the Alcohol Interlock Ignition Program to have their licence restored. **RUTH DAVENPORT/METRO**



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# Tories deride 'shell game' with energy efficiency fee

## Nova Scotia Power.

Opposition says Liberals are merely moving the fee around, not killing it

A fee added to power bills in Nova Scotia to pay for efficiency programs would be removed next year under legislation introduced Monday by Nova Scotia's Liberal government.

But the costs of running the programs would begin to pass on to customers in 2016, a move the Opposition says falls short of the Liberal promise to strike the fee from power bills.

The amendments brought in Monday would require Nova Scotia Power to cover the costs of the programs and remove as of Jan. 1 the energy efficiency fee added to bills. Efficiency Nova Scotia says the fee is about \$5 per month for a typical residential customer.

Nova Scotia Power would be allowed to spend up to \$35 million next year to pay for the programs and recover those costs from customers over eight years beginning Jan. 1, 2016.

PC Leader Jamie Baillie dismissed the changes as a "gigantic shell game."

"What's happening is they'll be able to charge us back for

## Election promise

The Liberals were elected last year after campaigning to remove the energy efficiency fee and force Nova Scotia Power to foot the bill for the estimated \$46 million annual cost to customers.

that cost eventually," said Baillie. "Taking the fee off one line and adding it back on to another later is not a step forward."

Energy Minister Andrew Younger acknowledged that the changes don't fully line up with what the Liberals promised — in fact, he said they were better.

Younger pointed to an agreement that would see Nova Scotia Power pay \$37 million over the next 10 years to upgrade all low-income electrically heated homes in the province.

"There is no question that we have come up with a slightly different way of addressing this," Younger said.

"Let me be clear that Nova Scotia Power is still paying \$37 million out of shareholder money and second of all, we have reached a plan that actually has more savings to ratepayers than what we proposed."

THE CANADIAN PRESS



Energy Minister Andrew Younger says the changes are actually better than what the Liberals proposed during the fall election. METRO FILE

## Man dead in Dartmouth jail



The Central Nova Scotia Correctional Facility in Burnside. JEFF HARPER/METRO

Halifax Regional Police are investigating the death of an inmate at the Central Nova Correctional Facility in Burnside.

A 23-year-old man was found unconscious and unresponsive in his cell shortly after 8 a.m. Monday.

The province's justice department said staff began medical treatment on the inmate immediately, but he was pronounced dead just before

9 a.m.

Police spokesman Const. Pierre Bourdages said they are waiting for autopsy results before classifying the death.

"My heart goes out to the friends and family," said Justice Minister Lena Diab in a statement. "Any loss of life is tragic."

The man's name hasn't been released.

CHRISTINE BENNETT/FOR METRO

## Westphal man charged. Teen robbed at knifepoint

A 21-year-old man is facing charges after a teen was held up at knifepoint early Monday morning in Dartmouth.

Police say officers responded to the 0-100 block of Brule Street at 1:20 a.m. for a weapons complaint.

An 18-year-old was sitting in the driver's seat of his car when he was approached by a man who threatened him, and

two others in the car, with a knife. The man demanded the victim hand over his car keys while he held a knife to his throat, say police.

Shakeen Quindelle Johnson-Carvery of Westphal faces charges of robbery, assault with a weapon, possession of a weapon for dangerous purposes, uttering threats and breach of a court order. METRO

## Three ready, one coming

### Early years centres opening up across the province

Three new centres providing early learning programs and childcare have opened in Nova Scotia.

The facilities, known as early years centres, are located in Halifax, Sydney

Mines and Monastery.

A fourth centre is expected to open in September in Yarmouth.

The provincial government says the facilities are located near or in schools.

The centres work with local organizations to offer early learning programs for four-year-olds, early intervention, parent education and other services.

THE CANADIAN PRESS

## Military projects

### Armoury, training facility being built

The federal government has announced the start of construction on two military projects in Halifax.

The first is a housing and training facility for the junior ranks at Canadian Forces Base Halifax.

Aecon and SLI have been

awarded that contract for \$64.8 million.

The second project, worth \$6.1 million, is going to PCL Constructors Canada for a new armoury in Bedford.

That facility will be named after Maj. Robert Campbell Risley, a native of Sydney, who was the first commanding officer of 5 Provost Company in 1947.

THE CANADIAN PRESS



The project plans for CFB Halifax. CONTRIBUTED

## Lake Echo. Woman pleads guilty to impaired driving causing death

A Lake Echo woman has pleaded guilty to impaired driving that led to the death of an East Lawrencetown man last summer.

Kyla MacLellan, 21, pleaded guilty to charges of having a blood-alcohol level above the legal limit causing death and bodily harm Monday in Dartmouth provincial court, said Chris Hansen, spokesperson for the public prosecution service.

MacLellan was driving a Honda Civic when it collided with an SUV near Lawrencetown Beach shortly before 6 a.m. on July 10.

### Sentencing date

Kyla MacLellan, 21, will be sentenced on Aug. 27.

Mark Burnett, 55, was driving the SUV and died shortly afterwards in hospital in Halifax as a result of his injuries.

MacLellan and a female passenger were both ejected from the vehicle and also rushed to hospital with serious injuries.

RCMP arrested and charged MacLellan three months later.

METRO

## March stats. 56 charged with impaired driving

Halifax police charged 56 drivers with impaired driving in March, and another 25 drivers were issued driving suspensions.

Of these drivers, 70 were male and 11 were female, with ages ranging from 19 to 66.

Twelve of those charged were more than two times the

legal blood alcohol level, and four drivers were more than three times the legal limit.

Eleven drivers were identified at motor vehicle collisions, 44 were detected at traffic stops, and 26 were found impaired at checkpoints.

Citizens alerted police to 24 possible impaired drivers. METRO

### Lucasville

## Vehicle bolts from checkpoint, three arrested

Three people have been arrested after Halifax police say a vehicle bolted from a police checkpoint set up over a string of break and enters in the Lucasville area.

The RCMP say the incident happened around 10 p.m. Sunday, with the checkpoint set up at the

intersection of Viscount Run and Bryanston Road.

Police say the break-and-enters have been happening to new homes under construction in the area.

As the vehicle in question approached the checkpoint, police say the driver evaded it and someone tossed a duffle bag containing tools like pry bars and bolt cutters.

Police eventually stopped the vehicle and three men — aged 18, 21 and 45 — were arrested. METRO



Gerald Barton leaves Nova Scotia Supreme Court in Halifax on Monday. JEFF HARPER/METRO

# Man denies statement in wrongful conviction

**'It's not a statement that I gave.'** Gerald Barton says he didn't even know some words used in statement RCMP claim he gave regarding statutory rape in 1969

A man wrongfully convicted of statutory rape for having sex with a 14-year-old Nova Scotia girl in 1969 testified Monday that at the time he was charged he never gave a statement to the RCMP and did not plead guilty to the crime, even though that's what the record shows.

Gerald Barton, who now lives in Edmonton, is suing the Nova Scotia Crown for malicious prosecution and the RCMP in Digby, N.S., for negligent investigation.

"If they compensate me, then that's fine," he told the Nova Scotia Supreme Court in Halifax. "If not, then shame on them."

In January 2011, the Nova Scotia Court of Appeal admitted fresh DNA evidence that proved Barton was not the father of the child born to the original complainant, who has since died.

The court quashed the conviction and entered an acquittal, saying Barton was the victim of a miscarriage of justice

### Miscarriage of justice

# 45

The number of years that have passed since Gerald Barton's wrongful conviction

when he was 19 years old.

Barton said Monday that he couldn't have made a statement attributed to him by the RCMP in 1969 because he didn't know the meaning of some of the sexually explicit words used to describe the crime in Jordanstown, N.S.

"By the way she acted, I thought I could get her into bed," the statement says in part. "While I was in the house

with her, I had intercourse with her."

Barton testified he never uttered those words or the more-detailed descriptions of the sexual act, which included the words orgasm, ejaculation and vagina.

"It's not a statement that I gave," he said.

The court also heard that Barton had no criminal record at the time and has not been in trouble with the law since.

Court documents say Barton, now 64, spent a few hours in jail and was sentenced to a year of probation after being convicted in January 1970 of having sexual intercourse with a female between 14 and 16 years of age. THE CANADIAN PRESS

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Michelle Strum, chair of the North End Business Association, announces the Gottingen 250 festival on Monday.  
MITCH DAVIS/FOR METRO

# The 'heart and soul' of Halifax

**Festival.** Gottingen 250 event planned for September to celebrate North End

Joan Devereux oozes enthusiasm for Gottingen Street and Halifax's north end.

An energetic senior, she states matter-of-factly that it is the "heart and soul of the city."

"This is where the city was founded, and it represents this great diverse community that lives side by side, and that lives fully, with the ups and the downs. They never give up," Devereux said.

Devereux attended a launch event Monday morning

## In attendance

Mayor Mike Savage, area MLA Maureen MacDonald and local business owners all attended the announcement.

hosted by the North End Business Association at the Little Dutch Church on Brunswick Street.

The tiny church was the venue for the announcement of an upcoming Gottingen 250 festival, proposed and put on by the NEBA.

The chair of the NEBA, Michelle Strum, stood at the front of the church, with only 12 simple pews and a low

curved ceiling, to introduce their plan for the four-day-long festival, from Sept. 11 to 14 this year.

The proposal is multi-faceted with an artistic and historical component, a walking-tour smartphone app, and the culminating event — the week-long festival on Gottingen Street with local food and music and a focus on the cultural history of the North End.

"When I heard about the 250th anniversary of Gottingen, I was really excited because we haven't really been able to have a big festival in the North End. The North End is this really amazing community that just doesn't get celebrated enough," said Strum. MITCH DAVIS/FOR METRO

# Child-access changes intended to make it easier for grandparents

The government of Nova Scotia introduced amendments Monday it says will make it easier for grandparents to seek legal access to their grandchildren when parents separate or divorce.

Currently, grandparents seeking access have to ask the court's permission for standing before they can proceed to a hearing.

Justice Minister Lena Diab said the amendments to the Maintenance and Custody Act would remove this step, so courts would proceed directly to considering requests from grandparents for contact.

She said the goal is to make

## Quoted

**"We feel it's their right to have access to their grandchildren. The families are different today than when we were brought up."**

Pauline Glenn, president of the Grandparents Rights of Nova Scotia Association

the legal process less difficult for grandparents.

"The more steps you have the more difficulty you get," said Diab. "It takes more time,

it takes more resources and more money."

She said the move is also a recognition of the important role often played by grandparents in a child's life.

The changes would also see courts consider including contact with grandparents as a factor in determining what is in the best interests of a child.

Pauline Glenn, president of the Grandparents Rights of Nova Scotia Association, said the changes are important at a time when traditional family structures are less prevalent and the influence of grandparents is growing.

THE CANADIAN PRESS

## Cornwallis Street

### Khyber Centre finds new home

The creative juices won't stop flowing at the Khyber Centre for Arts.

They will, however, be packing up and moving.

With a \$45,000 grant from the city, the renowned art space announced Monday it's moving from its long-held Barrington Street address to a new location on Cornwallis Street in north-end Halifax.

Its old home is being renovated by the city, after asbestos was discovered in the plaster.

METRO

## Port Hawkesbury

### Teens accused of vandalizing property

Two youths have been arrested after a vandalism spree in Port Hawkesbury.

The teens, aged 16 and 17, are facing charges of mischief over \$5,000.

Police say an extendable baton was used to smash windows in two vehicles, one residence, the post office and a local business on Saturday night.

Police responded to five reports of property damage over the span of 30 minutes at about 11:30 p.m., all between Granville and Queen

streets.

They were able to locate the two suspects when one fled on foot and allegedly continued to cause damage. He was arrested shortly after.

The Port Hawkesbury teens are facing further charges of possession of a weapon dangerous to public peace and breach of an undertaking.

RCMP received further reports of damage Sunday and they appear to be random. Police say alcohol may have been involved.

The suspects, who were released on conditions, will appear at the Port Hawkesbury provincial youth court on May 26.

METRO



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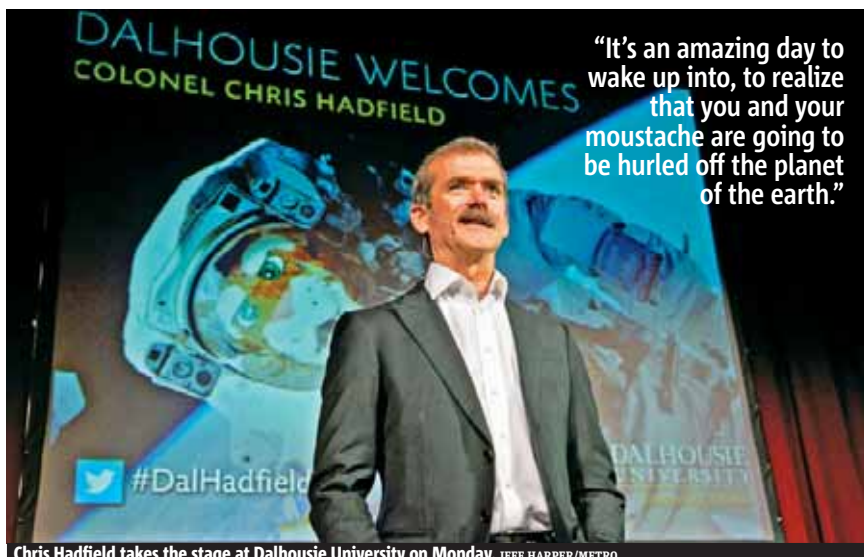
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Chris Hadfield takes the stage at Dalhousie University on Monday. JEFF HARPER/METRO

# Moon man talks space dreams, green schemes

**Chris Hadfield.**  
Popular astronaut visits Dalhousie U



HALEY RYAN  
haley.ryan@metronews.ca

Dozens of eyes followed Chris Hadfield's hand as he flew a plastic water bottle through the air to demonstrate a human blasting off into space.

"That's not a bad human simulator, right? You've got this little head on the top, you've got this outer container that keeps all your stuff inside, and you're made mostly of water," Hadfield said to a chorus of chuckles.

The retired Canadian astronaut and former commander of the International Space Station delivered funny and

inspirational stories about his career to a packed room of Dalhousie University students and faculty on Monday.

"I try and point out that we all live in this little sliver and that we all share it, and we're all breathing from the same scuba tank," Hadfield told reporters.

"There are hundreds of millions of us that are very much at risk to small changes in climate — those are the people that we really need to think about."

Dalhousie raised the most money per capita of any Canadian campus for last year's Movember campaign (\$93,566) and won a visit from Hadfield.

Hadfield talked about his "impossible" dream to become an astronaut when he first saw man walk on the moon, and how he made that

come true even though he had to leave and train for 26 years before he blasted off.

He displayed some photos he'd taken from space, and said the perspective had showed him the "fragility" of our world.

"It affects me," Hadfield said, looking at a photo of the Bahamas with "every blue that exists," and one of the Australian Outback looking like a modern-art painting thanks to its red and gold streaks of mountains ground to powder by erosion.

Hadfield told reporters he doesn't miss weightlessness in space because he's "not a reminiscing type of guy," and is looking forward to teaching at the University of Waterloo and learning more about environmental issues because there's "a lot of complaints" and we need answers.

## Living on moon 'inevitable'

Although humans are in "no big race" to make the next move in space exploration, retired astronaut Chris Hadfield said we will likely make it to the moon within a generation.

After Hadfield's Dalhousie University speech, he talked to reporters about space tourism and how billionaires like Richard Branson could soon make space flights available for the general public.

"That's the tipping point

we're on in space right now," Hadfield said. "The more people who can see where we actually live and the connectivity of it, and the beauty of it, I think the better it is for all of us."

Our species has been in the "settlement phase" of space since the International Space Station launched in 2000, Hadfield said, giving us a real foothold outside Earth.

He said after having people

on the station for a generation and figuring out how to upgrade technology, communicate and how to eat in space, we'll likely go to the moon.

We've only been able to explore in two dimensions for thousands of years, and we have only started into the third dimension of exploration in the last decade or so, he said.

"It's inevitable, it's just a matter of time."

HALEY RYAN/METRO

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# Liberals win Quebec vote with majority government

**Politics.** PQ Leader Pauline Marois' future may be uncertain after failing to deliver

The doctor is in.

Philippe Couillard, a former neurosurgeon, led his Liberal troops to a majority win in the Quebec election Monday night, 18 months after the party was turfed out of power under Jean Charest.

The red Liberal tide flowed early across Quebec's electoral map, sweeping over the incumbent Parti Québécois, which had been battered by questions about its plans for a third sovereignty referendum that most Quebecers flatly said they didn't want.

The Liberals had between 40 and 45 per cent of the popular vote, compared with less than 30 per cent for the PQ.

The Coalition for Que-



Quebec Liberal Party Leader Philippe Couillard and his wife Suzanne Pilote walk into the campaign headquarters for election returns on Monday in Saint-Félicien, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

bec's Future, which had rebounded in support in recent days, came in a distant third.

While no pundit would be foolish enough to declare

sovereignty dead, the option has likely been put to sleep for a while. Some observers have suggested it could be years, if not decades, before it is revived.

Couillard, who was a popular health minister under Charest until 2008, stoked the fears of a referendum after star PQ candidate Pierre Karl Peladeau entered

the election and declared he wanted to build an independent Quebec.

PQ Leader Pauline Marois mused what a sovereign Quebec would be like for days after that, something that allowed her party to be knocked off its message to the point where it never really recovered.

Monday's results in Quebec no doubt prompted a sigh of relief in Ottawa as well.

With the PQ out, it means Prime Minister Stephen Harper won't have to worry about a national unity crisis as he heads toward the 2015 election.

It will also not preoccupy Opposition Leader Tom Mulcair, who draws most of his New Democratic Party caucus from the province, some of whom expressed sovereigntist sympathies at one time or another.

The 33-day campaign had been considered as one of the nastiest in decades.

Voters complained in the

**Defeated**

## Marois to step down

Pauline Marois is stepping down as Parti Québécois leader after Monday's crushing election defeat.

The party won only about 30 of the 125 ridings up for grabs — down from the 54 it had when the election was called.

She gave no details in her speech on Monday night about when she will leave the party.

THE CANADIAN PRESS

weeks leading up to the vote that bread-and-butter issues had received little attention as politicians fired potshots over the possibility of another sovereignty referendum or challenged each other on ethics.

THE CANADIAN PRESS

### Homelessness

## 'Housing first' approach battles homelessness, saves money

New conclusions by the Mental Health Commission of Canada suggest the "housing first" approach to battling homelessness is showing real results.

The report shows more than 2,000 homeless Canadians diagnosed with mental illness have found stable housing in all regions of the country over a two-year period.

The massive At Home/ Chez Soi pilot project, created in 2008 following a \$110-million investment from the federal government, has proven effective for people from diverse cultural backgrounds and circumstances.

The study suggests it has also been cost-effective, with every \$10 invested resulting in cost savings of almost \$22.

THE CANADIAN PRESS

### Health care

## Doctors' group says it's time to prepare for legal assisted suicide

A group of palliative-care doctors says it's time to move beyond the "yes or no" debate about physician-assisted death and begin preparing for its eventual legalization in Canada.

The doctors say in a commentary in the Canadian Medical Association Journal that physicians need to discuss potential policies and guidelines for legally assisting death.

They argue that assisted suicide may become legal if the Supreme Court of Canada overturns a 2012 B.C. court ruling that deemed a ban on the act unconstitutional.

The High Court will hear an appeal of the case in which the B.C. court granted Gloria Taylor a constitutional exemption to get help to end her life. The ALS patient did not use the exemption, but died of an infection. THE CANADIAN PRESS



## Royals heading Down Under

Catherine, Duchess of Cambridge, and Prince George of Cambridge arrive at Wellington Military Terminal Monday in Wellington, New Zealand, where the Royal Family has arrived for the first day of a Royal Tour. The Royal trio will visit 12 cities in New Zealand and Australia, taking part in activities including a yacht race in Auckland Harbour, paying their respects to victims of the 2011 earthquake in Christchurch, and visiting Ayers Rock.

CHRIS JACKSON/GETTY IMAGES

## Victims' rights. Justice minister: Courts should compel spousal testimony

Allowing people to refuse to testify against their spouses is an "obstacle" to getting at the truth in a court of law, says Justice Minister Peter MacKay.

Currently, under the Canada Evidence Act, spouses can refuse to testify against their partners except in certain specific cases such as sexual assaults or those involving children.

Legislation introduced last week by the Harper government would remove that right.

MacKay defended the move Monday at a victims of crime conference in Ottawa, calling the provision outdated.

He said courts need to compel testimony from all witnesses of crime, including spouses.

"We do not feel that spousal immunity should present an obstacle to bringing important evidence before a court of competent jurisdiction," said MacKay.



Peter MacKay THE CANADIAN PRESS FILE

"We feel that in cases of murder, in cases of terrorism, serious fraud, if a spouse has important evidence that the court needs to consider, that evidence should be there."

Some lawyers have predicted the measure will have little impact on a system where spousal testimony comes into play in relatively few cases.

THE CANADIAN PRESS

# CANADA CAN'T ALWAYS GET WHAT IT WANTS

Our nation prefers immigrants from specific professions, but most don't fit the narrow bill, and face challenges seeking employment.



**Adaptability.** Many educated newcomers must reinvent themselves in order to find success



MIKE DONACHIE  
Metro in London, Ont.

Engineers. Give us engineers.

That's the message that flashes before the eyes of any immigrant who takes a look at the list of 24 "eligible occupations" on the website of Citizenship and Immigration Canada, the federal government agency charged with making sure Canada gets the immigrants it needs.

And there are many types of engineers: Civil, mechanical, mining, petroleum, aerospace and geological. Then there are the medical lab technologists, physiotherapists, sonographers and similar health care workers. Land surveyors are on the list, too, and computer programmers.

Those 24 eligible occupations, each with 300 spaces to

fill every year, will get you into Canada as part of the federal skilled worker (FSW) program, even if you don't have a job lined up.

But, instead of a large crop of engineers, Canada's attracting more immigrants along the lines of people like Shirley Edwards.

A highly qualified teacher from the Carlisle in northern England, Edwards came to Canada in 2005, and, simply put, it's been a struggle.

The Calgary resident gained entry to Canada as the wife of a police officer who was headhunted in England, and thought that, with vast experience and two degrees, she would find a job here easily.

She was wrong.

After six years, she had applied for 400 jobs that suited her qualifications and had been invited to exactly zero interviews.

"I gave myself three months, and, if I hadn't found something in three months, I would have to go back to the U.K.," said Edwards, 50, who was by then single and working what she called "a survival job" in a retail store.

What she found was she needed to, in a word, "Canadianize" herself to succeed.

With help from the Calgary Region Immigrant Employment Council, a non-profit that specializes in helping skilled newcomers find the right role,



Shirley Edwards, 50, born in the U.K., isn't exactly the kind of immigrant Canada's looking to attract. She was forced to reinvent herself to find success in the country. CONTRIBUTED

## Brain waste

### The selection process

Sociology professor Jeffrey Reitz, of the Munk School of Global Affairs at the University of Toronto, thinks Canada has the wrong focus when it comes to immigrant employment.

Because most immigrants' work experience doesn't match the list of jobs the government wants filled, the

focus should be instead on getting more newcomers' qualifications validated, he says.

He studied trends in the success of immigrants with university degrees and discovered that educated newcomers are facing increasing difficulty in landing professional or management jobs.

He found that 70.7 per cent of educated, Canadian-born men were in a high-level occupation in 1996, but only 50.4 per cent of

immigrant men with similar backgrounds could say the same. By 2006, that figure for Canadian-born men was similar, but for immigrants it was down to 43.5 per cent.

Reitz calls it "brain waste." "Part of the concern is that, since about 2005 or (2006), we've shifted away from focusing on the problem by selecting immigrants differently, getting away from university education and trying to get immigrants who already have jobs to come into

the country."

Reitz wants to see more services that validate the qualifications immigrants already have.

For example, the organization World Education Services will certify credentials for \$115, and helps about 10,000 people a year. Mentorship programs and "bridge training" offered by groups like the Toronto Immigrant Employment Council also help get newcomers on track to find work. **MIKE DONACHIE/METRO**

Edwards learned a lot.

She started networking and volunteering, and made her resume "more Canadian," changing small things like her British email address.

Eventually, it worked.

Now, she's using her skills at the Bredin Centre for Learning, which helps immigrants find jobs.

And on March 26, she and

her 12-year-old son took their oaths to become Canadian citizens.

"People need to accept that they will not be working in the place they expect," Edwards said.

So, does the reality of economic immigration reflect the government's desire? In a word: No.

A breakdown of last year's

257,887 new permanent residents by occupation, obtained from the CIC, shows that just 65,330 were qualified in the government's much sought-after list. Another 12,609 were clerical workers, labourers or something similar.

The rest, some 179,948? They were classified as "other."

"Other contains a diverse range of occupations," said

a CIC spokesperson. "For example, it could be a spouse (a homemaker) and two children of a principal applicant, or it could be individuals admitted through a software pilot program, or whose occupation is not captured in National Occupations Classifications."

Whatever the explanation, it's clear that most people coming to Canada aren't engineers.

## THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1  
Change and effect

1

Day 2  
What Canada wants  
vs. what it gets

2

Day 3  
Where we come from,  
where we go

3

Day 4  
Happy times, hard times

4

Day 5  
The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



# Airline complaints drop in the U.S.

**Report.** While griping is a national pastime, few bother to lodge official complaints

A big drop in customer complaints helped U.S. airlines post their best ratings ever even though more flights were late and more bags were mis-

handled, according to a report released Monday by university researchers.

Virgin America topped the ratings, and three regional airlines scored at the bottom.

Among the four biggest airlines, Delta ranked best, followed by Southwest, American and United, according to researchers from Wichita State University and Embry-Riddle Aeronautical University.

The researchers have graded airlines since 1991 on government figures for on-time performance, mishandled bags, bumping passengers, and complaints filed with the U.S. Department of Transportation.

One of the report's authors, Wichita State business professor Dean Headley said the drop in complaints might also reflect "a certain amount of resignation" that "it's never wonderful

for airline passengers."

It's not clear that the researchers captured the mood of travellers. No matter how much people grumble about airlines, very few of the millions of fliers ever bother to file a complaint with the government. The Department of Transportation, or DOT, received just 9,684 complaints last year after getting 11,447 in 2012.

THE ASSOCIATED PRESS



A Delta Airlines jet passes an American flag during take-off at Los Angeles International Airport (LAX). DAVID MCNEW/GETTY IMAGES

## Cord-cutting craze? Canadians hanging up on landlines, traditional TV

A new study says more Canadians are abandoning traditional forms of phone and television service.

The Convergence Consulting Group says about one-quarter of households in Canada won't have a wired phone by the end of 2014 and rely solely on wireless service, up from 22.4 per cent in 2013.

The Toronto-based consulting group also says households are increasingly switching to new sources for their television, but the trend isn't as far advanced.

Convergence Group says online television services such as Netflix will reach almost six per cent, or 665,000 households, by the end of this year — up from about four per cent.

Households are also increasingly abandoning traditional TV in favour of programming from sources such as Netflix and other online services, Convergence says. Even more Canadians will turn away from traditional TV services this year, the group predicts.

"We forecast Canadian TV cord-cutter households will reach 665,000, or 5.7 per cent, by year-end 2014," according to the study, which is based on statistics from cable, satellite and telecom companies as well as Convergence's own analysis.

From 2011 to 2013, Convergence estimates that 458,000, or 3.9 per cent, of households relied solely on Netflix and other non-traditional TV services. THE CANADIAN PRESS



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### Breakfast wars

#### Can Taco Bell crack McMuffin fans?

Taco Bell is taking another jab at McDonald's in a new ad for its breakfast menu in the U.S. The fast-food chain is set to air a TV spot set to the tune of Old MacDonald Had a Farm and shows a man who has been eating Egg McMuffins since 1984.

It's a follow up to an ad with real-life men named Ronald McDonald professing their love of Taco Bell's breakfast.

THE ASSOCIATED PRESS

### Controversial group

#### Chili's nixes autism fundraiser after heated criticisms

Chili's cancelled a fundraiser Monday for a group that states on its website that autism can be triggered by vaccinations, a position that has been widely discredited by the medical community.

The restaurant chain planned on donating a portion of its sales on Monday to the National Autism Association.

THE ASSOCIATED PRESS

### Market Minute

**DOLLAR**  
91.17¢  
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Natural gas: \$4.47 US (+\$0.03)  
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**TSX**  
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\$100.44 US (-\$0.70)

**GOLD**  
\$1,298.30 US (-\$5.20)

# NO, DIVORCE IS NOT LIKE DIETING

Gossip magazines would have us believe that celebrities are “just like us,” but the truth is quite the opposite. Sure, they might pump their own gas or shop at Whole Foods from time to time, but few of us plebs will ever truly live life like the rich and famous.

So when Gwyneth Paltrow recently ended her 10-year marriage to Coldplay frontman Chris Martin, she didn’t release a statement regarding an impending divorce or separation; she took to her lifestyle blog GOOP to announce that they were “consciously uncoupling.”

It should come as no surprise that Paltrow, a woman known for her impossibly healthy diet and unattainable lifestyle, even does breakups better than the rest of us. The term conscious uncoupling implies an enlightened and amicable process free of all of those messy emotions us regular humans have to deal with.

Always the trendsetter, Paltrow encourages her GOOP



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

disciples to pursue this highly evolved approach to divorce. For just \$297, you too can enrol in an online course that will teach you how to separate like the stars. Relationship guru Katherine Woodward promises to guide participants through a five-week program designed to “release the trauma of a breakup, reclaim your power and reinvent your life.”

Call me cynical, but I don’t really buy into this New Age philosophy of an elegant and spiritually fulfilling divorce. Ending a long-term relationship is a complicated and extremely personal journey, and Paltrow’s conscious uncoupling seems to oversimplify the process.

Trying to turn something as traumatic as a divorce into another item for your lifestyle blog seems to undermine the seriousness of the matter. A breakup announcement shouldn’t be a tidy little note sandwiched between advice on buying the perfect pair of jeans and a recipe for three-

bean salad.

I personally subscribe to the everything-in-moderation theory. That goes for junk food as well as raw emotions. Sometimes you just have to feel your feelings and, yes, that can result in toxic behaviour such as finishing a bottle of wine by yourself while creeping through your ex’s Facebook profile.

Of course, excessive alcohol consumption and wallowing in self-pity are not GOOP-approved behaviours. Paltrow has transformed herself into an aspirational — and lucrative — lifestyle brand. She preaches regimentation that few of us could ever hope to achieve. She has a sculpted yoga-made body, a fridge meticulously stocked according to macrobiotic ratios and all of her chakras in alignment.

But emotions are not gluten: You can’t simply go on an elimination diet and detoxify your mind. Experiencing feelings of sadness and grief at the dissolution of a marriage are totally normal and healthy, even if they don’t align with Paltrow’s Zen-like approach to living.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### It’s a mammoth of a task



BUDDHIKA WEERASINGHE/GETTY IMAGES

#### Canadian sculptor hones her skills

Canadian sand sculptor Karen Fralich finishes Mammoth Under the Glacier, an installation at the Sand Museum in Tottori Dune in Tottori, Japan. The seventh annual sand sculpture exhibition hosted by the world’s first sand museum features the theme Russia, marking the 2014 Winter Olympic Game in Sochi. The exhibition is open from April 19 to Jan. 4, 2015. **GETTY IMAGES**

#### A dirty job

Fralich first started sculpting pottery clay at the age of 14 at a studio in Guelph, Ont.

- She developed her sculpting skills for 11 years, making small animal figurines.
- Eventually she was hired by a professional sand sculptor to create visuals for a mall exhibit.
- For the next four years,

she learned everything she needed to know about sand sculpting, while working full time in the food service industry.

- In 1998, she entered her first competition and soon after began working as a freelance sand sculptor full time.
- She’s a three-time world champion sand sculptor.

## METRO AUGMENTED REALITY

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## MetroTube

### Scenery not so static in New Zealand



**ANDREW FIFIELD**  
metronews.ca

If you happen to be bobbing in open ocean, it’s good to know what a dorsal fin is attached to before deciding to drift over for a closer look. Especially if, like the surfers who saw this, you happen to be in New Zealand waters, where the orca population is around 200. Happily for them and us, everything worked out beautifully here. (Via YouTube user wackedcat)



GETTY IMAGES



# 2 SCENE

## Shy Birdy no longer waiting in the wings

### Teen songbird.

U.K. singer's career soars on the strength of her fragile songs

EMILY  
LAURENCE

Metro World News in New York City

She's an unlikely celebrity. Birdy, whose real name is Jasmine Van den Bogaerde, has to be prodded a bit to perform and is too shy to make small talk with the crowd. But when she sings, people listen. Like Lorde, she represents a new type of pop star — one that's less shiny, yet can't help but capture your attention.

"I love that there's such a range of pop and alternative music on the charts," Birdy tells us over the phone from Berlin, where she's performing at the Echo Awards. (She won Best International Rock/Pop Artist later that night.) She admits to listening to Taylor Swift just as much as Bon Iver, whose song *Skinny Love* she covered. The result catapulted her to fame.

"That song is so fragile and it reminded me of songs that I write. I really connected to it," she says.

Birdy released an album of cover songs in 2011 with her take on artists like Phoenix



Seventeen-year-old British singer-songwriter Birdy. BOO GEORGE

and Death Cab for Cutie. Now, she's releasing an album of her own original music this

summer, which she is currently on tour promoting.

"Releasing my own original music is both exciting and scary," she says. "The past few years have been full of new experiences and challenges, which I wrote about. (At first), I didn't want to write about anything really personal, but I ended up doing it because it's

hard to get around it." Birdy says that when she composes, the music often comes to her before the words do; she also explains that her songs are more about a feeling than a story.

Though her work is more ethereal and less bubble-gum pop, Birdy insists that she's a typical One Direction-loving teen. Still, most high schoolers can't brag about having a song on *The Hunger Games* soundtrack or collaborating with Mumford & Sons.

But despite her accolades, and perhaps in spite of her shyness, Birdy says the biggest highlight of rising fame for her has been travelling to Australia and playing to sold-out crowds.

### Striking a pose

Besides the stage, you can also see Birdy on billboards; she's the latest model in Gap's new campaign. It looks like this songbird is beginning to spread her wings.



### Review



The Hobbit: The Desolation of Smaug

Director. Peter Jackson

Stars. Martin Freeman, Evangeline Lilly, Orlando Bloom, Richard Armitage

A child's tale becomes more of a grown-up's in *The Desolation of Smaug*, the fire-breathing second chapter of Peter Jackson's ongoing screen trilogy based on J.R.R. Tolkien's *The Hobbit*.

Reluctant hobbit hero Bilbo Baggins (Martin Freeman) finds his courage and his possible curse, the latter threatened by the enchanted ring that will fuel further Middle-earth adventures.

Bilbo's still in the company of 12 dwarf warriors, led by exiled Prince Thorin Oakenshield (Richard Armitage), and they're joined by elf archer Legolas (Orlando Bloom), who isn't supposed to appear until the following *The Lord of the Rings* trilogy, as well as elf wonder woman Tauriel (Canada's Evangeline Lilly), an entirely new creation designed to add a needed jolt of estrogen to the proceedings.

It's a lot to take in, yet it serves to move the story forward, making us anticipate this fall's final chapter and confrontations.

PETER HOWELL

### Original music

"I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." U.K. singer Birdy

### With her mum Paula Yates



The last tweet Peaches sent was on Sunday, when she posted a photograph of herself as a toddler with her mother and the caption: "Me and my mum."

Peaches Geldof, the wild-child second daughter of concert organizer Bob Geldof who filled the pages of British tabloids with her late-night antics as she flirted through the fashion and celebrity world, was found dead Monday at age 25.

There was no immediate word on the cause of her death at her home in Wrotham, Kent, southeast England but police called it "unexplained and sudden."

Peaches was only a girl of 11 when her mother Paula Yates died of a drug overdose

in 2000 and those who knew her said it hit her extremely hard.

Her father and family issued an anguished statement Monday about her death.

"Peaches has died. We are beyond pain. She was the wildest, funniest, cleverest, wittiest and the most bonkers of all of us," Geldof said. "Writing 'was' destroys me afresh. What a beautiful child. How is this possible that we will not see her again? How is that bearable? We loved her and will cherish her forever."

In an interview with the *Guardian* in 2009, Peaches acknowledged that she used drugs before but said she had stopped.

"Yeah, I've taken drugs. Yes, I have had experiences, and a few of those experiences were unsavoury, not ones I want to repeat, but I was growing up. I wanted the experience," she told the paper.

Peaches was married twice and leaves behind two sons, 23-month-old Astala and Phaedra, 11 months.

THE ASSOCIATED PRESS



A pregnant Peaches Geldof with her husband Thomas Cohen and their son Astala in 2013.

ZSL LONDON ZOO VIA GETTY IMAGES



Kevin Spacey GETTY IMAGES

## Kevin Spacey doesn't want a part in your crappy movie

Kevin Spacey has certainly earned the right to be picky about his acting gigs. Just ask him. "Unless it's a really significant role, f—k off. I'm not playing the station manager. I'm not playing the FCC chairman," he tells the Hollywood Reporter in a rather candid interview.

"There are a lot of people out there who offer roles to actors because they'll elevate their movie to a place the movie would never reach. They offer them a s—load of money for a crap part, but it doesn't make the movie any better. And I'm not interested in elevating someone's crap movie."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Maisie Williams says Arya Stark is rotten inside

MELINDA TAUB

Metro World News

It's tempting to keep defending little Arya Stark, who's one of the closest things to a protagonist that Game of Thrones has. But (spoiler alert) as those who saw Sunday night's season premiere know, Arya is well on her way to becoming a stone-cold killer. Even Maisie Williams, who portrays Arya, says her days of being a sweet kid are behind her.

"This year, at the end of Episode 1, just when you thought things were going



downhill, you're treated to an Arya whose heart is now black, and she's rotten on the inside," Williams told the Daily Beast.

Having lost both parents and (she believes) all her brothers, Arya's transformation is understandable — but, Maisie says, it may also be irrevocable, even if Arya gets good news. "Even if Arya knew that Sansa, Bran, Rickon and Jon Snow were alive, I feel like she'd just go, 'Cool ... good luck,'" she says.

## Is Naomi Campbell attracted to Magneto?



Naomi Campbell GETTY IMAGES

Naomi Campbell is about to make millions of women — not to mention more than a few men — jealous, as the supermodel is reportedly dating Michael Fassbender, star of 12 Years a Slave, Shame and X-Men: Days of Future Past, according to U.K. daily The Sun. Sources spotted the pair recently meeting up at London restaurant Coya, where they were "openly hugging and kissing."

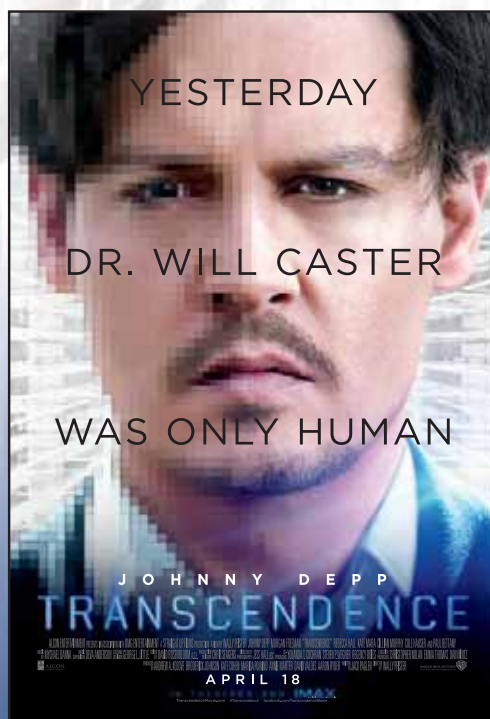
## Richard E. Grant's 'naughty' tweet

Downton Abbey creator Julian Fellowes is all about decorum and manners, and that sometimes means setting limits for his actors on things like Twitter. "We had to explain to the cast about the dangers of tweeting as no one realized how interested everyone was in the show," he tells the Telegraph. It seems new cast-member Richard E. Grant didn't get the memo — he tweeted a photo of himself in costume on the Downton Abbey set. "He's very naughty," Fellowes says.



Richard E. Grant tweeted this photo of himself on the set of Downton Abbey. TWITTER

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## Freckles Domestic Medium Hair

Five-year-old Freckles is the newest member of our palliative care program as she is dealing with kidney failure. She is stable, but does require blood work, provided by the SPCA, every 6 months. Freckles is doing very well and eats and drinks moderately. She is very trusting, loves to chase the laser light, and is a spectacular goalie... jumping high and catching with front paws when playing 'catch'. Freckles is currently in a foster home. If you are interested in meeting her, please contact us to set up a meeting.



For more information on Freckles and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# Taking fitness to the next level

You're going to the gym religiously and loving it, but something seems to be missing. It may be time rethink the way you look at exercise by adding new elements to your routine. The experts break down the benefits of rounding out the way you work out.

IZABELA SZYDLO [life@metronews.ca](mailto:life@metronews.ca)

## Massage therapy

"Before you start training, massage therapists can identify areas of weakness through a thorough assessment," says Omar Lunan, a registered massage therapist (RMT) and owner of the Toronto-based mobile massage therapy clinic Core Care Wellness Centre ([corecarewellness.ca](http://corecarewellness.ca)). "Treating structural imbalances can eliminate pain and help focus on other areas that need strengthening. Delayed onset muscle soreness and slight inflammation are common post-workout concerns. Massage can decrease lactic acid build-up by increasing local circulation to muscles, decrease inflammation and directly affect muscle tone. If your range of motion isn't Olympic standard, which for most people it isn't, identifying if the restriction is neurologically based will allow an RMT to employ passive, active or resisted types of stretching to change muscle length and allow for more freedom. After a workout, a relaxation-focused treatment can ensure a good night's rest, essential for post-workout repair."



## Meditation

"Yoga offers many physical benefits — increased strength, improved flexibility, stress relief — but students often discover that the greatest side effect of yoga is how it benefits the mind," says Annabel Fitzsimmons, a yoga instructor with 15 years of teaching experience, who can be found at [annabelfitzsimmons.ca](http://annabelfitzsimmons.ca). "At its core, yoga is about creating awareness and heightening the mind-body connection. As we pay close attention to alignment and the physical sensations of each posture, and become conscious of the breath and its effect on the body, we train our minds to let go of the distractions that constantly fill our heads. Through yoga we can experience a meditation in motion, letting the mind become focused and calm as we move from posture to posture."



## Cardio and resistance mix



"To maximize fitness levels, having a balance of cardio and weight training in your fitness regimen is key," says Christian Alvarez, fitness director at Toronto's Strength-N-U fitness facility ([strength-n-u.com](http://strength-n-u.com)). "Lifting weights prior to doing cardio ensures that glycogen (the body's readily available energy source) is depleted so stored energy (fat) is used immediately after. Safely pushing your limits with a routine that includes cardio and resistance will directly affect muscular and cardiovascular strength, and endurance. This means less fatigue and the ability to train faster, longer and harder. Because the heart is also a muscle, the increased output of blood increases the 'pump' feeling while weight training, resulting in burning more calories per workout and an increase in your metabolism for the day."

## Cleanse



"Weight loss is 80 per cent food and 20 per cent exercise but it is 100 per cent about how you feel. Bloating and digestive discomfort make your pants fit poorly and your self-esteem take a nosedive. So, I always suggest that clients 'cleanse,' but not with liquid diets. What works is removing or reducing foods that contain baker's yeast (which can cause bloating)

and adding chia. This super-powered seed swells to absorb water in the bowel and gives you a solid happy, um, 'go.' A flatter tummy is more motivating than a liquid cleanse that can cause too many uncomfortable trips to the toilet. Start with a teaspoon sprinkled on breakfast and build up to a tablespoon each day. You will also help curb the appetite that can actually increase when you start a gym routine," says nutritionist Theresa Albert of [myfriendinfood.com](http://myfriendinfood.com).

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# SOME LESSONS ARE JUST WARMING UP

## SUMMER COURSES CAN BE BENEFICIAL

The popular song lyric “Summertime, and the livin’ is easy” doesn’t apply to keen university or college students who are planning to take one or more courses during the spring and summer months.

“Students can get a jump on the upcoming year or pick up a credit they need by taking a summer course,” says Jeff Banks, a chemistry professor at Acadia University in Wolfville, N.S., and the director of Open Acadia, which offers concentrated three-week on-campus courses from May to July and full-year courses in six-week blocks.

Open Acadia online courses are open entry, which means students can register when they want and study at their own pace. Online courses at universities and colleges across the country are ideal for students heading home for the summer who want to juggle their stud-

ies around jobs and other activities.

Banks lists the following benefits of taking spring and summer courses:

There are fewer students. Since most university and college students leave campus for the summer, class sizes tend to be smaller. “That translates into a lower student-to-professor ratios, which means more personalized attention,” Banks says.

You can accelerate your degree. Taking a full course load during the regular school year, then an extra credit or two in the summer, will help students graduate faster.

It’s good for athletes and international students. Because of varsity sports team schedules, student athletes often have a gap in their studies, so summer is a great time to catch up. And since international students tend not to return to their home



SYDA PRODUCTIONS/SHUTTERSTOCK

country for the summer, they often choose to continue their studies.

The courses are shorter. Summer courses tend to be shorter than those offered from September to May. “Students

need to keep in mind that although they are shorter, they’re concentrated,” Banks says. “So they might be going to class every day, even though they’re just taking one subject.”  
— Jane Doucet



FXQUADRO/SHUTTERSTOCK

## TAKE YOUR CAREER IN A NEW DIRECTION

From assisting clients with their mental health to now their physical health, Judy Bell has taken her career in a new direction.

After 17 years in the social work field, Bell felt it was time for a career change so she enrolled in the massage therapy diploma program at ICT Northumberland College in 2011.

“I just jumped off the deep end and gave up my full-time, established career and went back to school full time,” says

Bell, RMT and owner of Springtide Therapeutic Massage.

Bell says the program has helped her to succeed in the field since completing the program in 2013.

“It is a very hands-on program,” says Bell, adding the variety of different practicum components helped expose her to the diversity of the field which is massage therapy.

Aside from running her own practice, Bell is active volunteering with a number

of groups around Halifax, including the Sunshine Room, which provides massage to chemo patients and their families.

Bell has also completed her certification with St. John’s Ambulance to provide medical responder coverage at events on a volunteer basis.

Bell says this program was a life-changing career move.

“I wish I had done this 10 years ago.”

For more information about ICT Schools, visit [ictschools.com](http://ictschools.com).

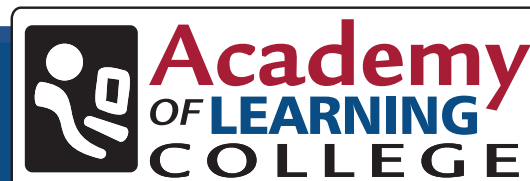


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"As a student in this program you'll have the opportunity to train hands-on for three distinct careers within the corrections and policing field — corrections, security and policing," says Janice Currie, director, Success College. "Training in more than one specification allows you the freedom and flexibility to explore your career options and widen your career search."

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ledge and experience in your new career field. Every program is taught by industry experts.

The curriculum is developed so you finish a two-year program in just 60 weeks.

"With over 100 years of experience behind us, we're confident that our model of career education has evolved to offer the optimal combination of classroom instruction, practical hands-on learning and on-the-job experience," Currie says.

For more, visit [successcollege.ca](http://successcollege.ca).



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## MARITIME BUSINESS COLLEGE ADDS NEW COURSES

Staying on top of industry needs has led Maritime Business College to add two new programs in fields where trained professionals are in demand.

The new travel and hospitality program will prepare students for a wide range of rewarding and challenging careers.

"Travel and hospitality continues to be a high-growth industry with opportunities worldwide, and is a \$1.8-billion industry in Nova Scotia," says Janice Currie, director, Maritime Business College.

Students will participate in a familiarization trip to a vacation destination and can complete their diploma in just 47 weeks.

For those looking to make an impact on the lives of others, the new disability support program teaches students how to assist the disabled by developing their life skills and by teaching them how to care for themselves.

"Students will be trained to work with disabled clients that face physical, mental, and/or intellectual challenges," Currie says.

Graduates are prepared for employment as human service workers in government, community-based agencies, health-care or educational facilities providing services to individuals with mental, emotional, learning and/or physical disabilities.

Currie says this is a career with high employability. "There is also a strong demand for young people that enjoy sports and recreation."

For more information, please visit [maritimebusinesscollege.ca](http://maritimebusinesscollege.ca).

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One way that AOLC ensures its students’ success is through its Integrated Learning™ System (ILS).

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For more information about AOLC and its ILS, visit [academyoflearning.com](http://academyoflearning.com).

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“The tools you learn here will transform how you relate to others, educate you as you seek to inspire others, and give you specific skills as you seek to coach others.”

This course will teach you coaching principles that can lead you to greater success in both your personal or professional life by teaching you specific skills for establishing rapport, building trust, helping people to create action plans



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and goals, and removing barriers and obstacles to their success.

The certified life and executive coach training course takes place June 21-22, from 9 a.m. to 5 p.m., at the Best Western, Chocolate Lake, Halifax.

Registration is now open.

For more information, visit [certifiedcoachesfederation.com](http://certifiedcoachesfederation.com), or contact Abe Brown at 866-455-2155 or [abe@certifiedcoachesfederation.com](mailto:abe@certifiedcoachesfederation.com).



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## Healthy Solutions

## The most wonderful time of the year



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Theresa Albert  
DHN, RNCP  
myfriendinfood.com

It's beginning to look a lot like Community Supported Agriculture (CSA) season!

Ever popular in farming communities and springing up everywhere in cities, a box of seasonal veggies, fresh from the farm, is a welcome part of our growing season. There is nothing like knowing the person who planted, coaxed to life and harvested your food. To see the grimy hands (sorry, farmers, but it's true!) that spend hours in the earth for your health and enjoyment corrects the perspective on how much food should cost and where it should come from.

The only objection I have ever encountered to ordering a CSA box is the foods that can arrive at your

door that are completely new to you. Not knowing how or what to cook can be an issue. Keep these rules in mind:

- Most root vegetables are interchangeable in recipes. If yours calls for turnip and you only have some gnarly Jerusalem artichoke or parsnips, use them.
- Cut the leaves off everything as soon as you get them. Store them separately and use them as you would any dark leafy green: in salad or sautéed. Carrot tops, beet tops and radish tops are all edible and delicious!
- Don't rinse greens until you are about to use them. Then, spin them well and store with a paper towel in plastic in the crisper.
- Kale, spinach and chard are also interchangeable either raw or cooked. One exception is that collards take a little longer to cook and are too tough to be eaten raw.

Google "CSA" in your area. It will force you to experiment with new recipes and expose you to new nutrients.

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## Stew that doesn't discriminate

**Any Vegetable Coconut Stew.** Throw in leftovers, favourites and any other veg you may have in your crisper for a hearty meal

**THERESA ALBERT**  
Metro World News

## FLASH FOOD



From your fridge to your table in 30 minutes or less

You know how you end up with a bunch of stuff in the fridge and you don't know what to do with it?

This Any Vegetable Coconut Stew is great for vegetarians, vegans, gluten-free peeps as well as the rest of us hungry and hurried.

Feel free to add leftover chicken, beef or pork to bump up the protein. No need for rice because there



This recipe serves four. THERESA ALBERT

are plenty of starchy carbs in the roots.

Any root vegetable can be used in combo to about six cups chopped. Peel rutabaga, Jerusalem artichokes and parsnips but leave peels on potatoes, carrots, turnips and sweet potatoes.

Any green can be stirred in at the end: kale, spinach, chard, beet greens or even zucchini.

1. Heat a large pot over medium heat, add the grapeseed oil then chopped onion and stir for 3 minutes until softened and slightly browned.

2. Stir in the curry powder and then the cashews. Allow that to cook for 2 minutes.

3. Chop the small sweet potato, peeled parsnip and turnip and add all of them to the pot.

4. Pour the can of coconut milk and hot sauce (your favourite) and cover the pot to simmer for about 10 minutes.

5. Stir in the chopped kale or whatever greens you like. Cover and allow to cook for about 2-4 more minutes. Ladle into bowls and serve.

THERESA ALBERT IS A FOOD COMMUNI-

## Ingredients

- 1 tsp grapeseed oil
- 1 onion, chopped
- 1 tbsp curry powder
- 2/3 cup cashews
- 1 small sweet potato
- 1 parsnip, peeled
- 1 large turnip
- 1 can coconut milk
- Dash hot sauce, to taste
- 1 cup chopped kale

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**Drouin, Ehlers**

## Herd's stars up to the task

What shouldn't be a surprise to anyone, leading the charge for the Halifax Mooseheads in their quarter-final playoff series against the Gatineau Olympiques are Nikolaj Ehlers and Jonathan Drouin.

The two star forwards are one-two in QMJHL play-off scoring. Drouin has 19 points, including six goals, while Ehlers has 16 points.

"We just want to get better the whole time," said Ehlers after Saturday's Game 2 win. "We have a great team chemistry.... We just got to keep going on like this."

In his first season with the Herd, Ehlers's speed and skill has been turning heads. That's both within the league and among NHL scouts.

"He had a really solid season," said Mooseheads coach Dominique Ducharme.

"He's got those skills around the net, he's got those abilities.... When you do little things you get rewarded."

Although goalless so far in the second-round series, Drouin has shone as a playmaker for the Herd, notching six assists in two games.

That included four helps in Saturday's 6-2 win.

**Metro live**

Metro reporter **Geordon Omand** will be in Gatineau for Game 3 against the Olympiques on Tuesday night. Follow him on Twitter at @gwmomand as he live-tweets all the action. Puck drop is set for 8:30 p.m.



Halifax Mooseheads forward Nikolaj Ehlers celebrates a goal against the Gatineau Olympiques in Game 2 Saturday. JEFF HARPER/METRO

# Moose sticking to the game plan: Coach

**QMJHL playoffs.** Herd looks to improve on two Gatineau wins

**GEORDON OMAND**  
halifax@metronews.ca

For Halifax Mooseheads coach Dominique Ducharme, it will be about maintaining the momentum in Gatineau.

Ducharme's squad is up 2-0 as they prepare to face off against the Olympiques for Game 3 of the best-of-seven quarter-final series on Tuesday night.

"We want to take our game that we played Saturday, take that on the road, and make it

better," he said.

The team is finding their stride against the eighth-seeded squad and improving with each game, according to the Mooseheads' bench boss.

The visiting Olympiques put up a valiant effort in Friday's series opener but ultimately couldn't stand up to a late-game charge by the Moose, who tallied three goals in the third frame for a 4-1 win.

"As a team we thought we could do better after Game 1," said Ducharme.

And better they did.

Game 2 on Saturday was anything but a repeat of the previous evening's hard-fought matchup.

The Herd kept their oppon-

**Man still down**

Forward Darcy Ashley remains out of the Halifax Mooseheads with an upper-body injury and won't be playing in Game 3.

ents firmly on their heels the entire 60 minutes, taking advantage of ample power-play opportunities to put in four markers.

The visiting squad simply couldn't recover.

The Moose used their depth to control the play during most of Saturday's game, driving to a commanding 4-1 lead with three second-period goals.

Despite outshooting the

Moose 12-7 in the final frame, the Olympiques only managed to put one more past goalie Zachary Fucale, who notched an assist for himself earlier in the game.

"Everyone is chipping in in different ways and that's what we need," said Ducharme.

The game ended 6-2 for the Moose — their 19th-straight win dating back to the regular season.

Facing the Olympiques on their home turf is sure to change the game dynamic, but Ducharme doesn't want to distract his team from what they can't control.

"We played 34 games on the road this season, 34 at home — we're used to it," said Ducharme.

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# Jeter running on last legs

**MLB.** Yankees captain pleases Bronx crowd in home-opener win against rival Orioles

Derek Jeter arrived for his last Yankee Stadium opener fashionably early at 9:35 a.m., attired in a grey suit, white shirt, purple tie and black Prada lace-up shoes.

His performance, if not stylish, was memorable.

Jeter missed a home run by about two feet in Monday's 4-2 win over the Baltimore Orioles. After he left the batter's box slowly leading off the fifth inning, the ball hit off the "8" in the 318-foot sign in the left-field corner and Jeter hustled into second with a headfirst slide.

"I had to pick up the pace a little bit," he admitted. "Yeah, there were some guys laughing — until a couple of them hit some balls and the wind got them, too."

It was a rare mind cramp

for a player known for hustle and an unfailing ability to be in the right place.

"Maybe you get caught up in opening day," he said. "You probably haven't seen it, probably won't see it again. But what can you (do)? I was safe. It would be a lot more embarrassing if I was out."

Jeter scored one run, sent another home with a double-play grounder on a 1-for-4 day and was applauded every time he came to bat and fielded a grounder to short-stop.

This was Jeter's first appearance in New York since announcing Feb. 12 that his 20th season will be his last. With the retirements of Jeter's No. 2 and former manager Joe Torre's No. 6

likely, the 48,142 adoring and slightly frosted fans on hand during a cool and overcast afternoon almost surely were the last to witness a single-digit pinstriped uniform on opening day.

Seeing a business bonanza, the Yankees were selling jerseys with Jeter commemorative retirement patches, starting with replicas at \$114.99 and going up to \$240.99 for authentic models. Steiner Sports was hawk-ing a game-used single cleat for \$2,549.99 and game-worn jerseys at up to \$25,000.

Jeter didn't have much hope of leaving the ballpark with any mementoes.

"I'm good taking the win," he said, "but Steiner Sports has the rest."

THE ASSOCIATED PRESS

## Quoted

**"A lot of people get caught up in the disease of 'me.' Derek never fell in that."**

Buck Showalter, Derek Jeter's first big-league manager



Derek Jeter rounds third base to score a run for the Yankees against the Orioles on Monday in New York City. The Yankees shortstop, who announced on Feb. 12 that this season will be his last, went 1-for-4 at the plate and scored a run in a 4-2 win. ELSA/GETTY IMAGES

## UConn's seniors trump Kentucky's freshmen

Shabazz Napier scored 22 points and Connecticut won its second NCAA title in four years, beating all those Kentucky freshmen 60-54 in the championship game Monday night.

Napier is among three UConn seniors who were part of the Huskies' 2011 title. That trio stayed after coach Jim Calhoun's retirement even when the Huskies were ineligible for the NCAA tournament last season.

They came back strong in coach Kevin Ollie's second season, and the Huskies (32-8) went all the way to their fourth overall title.

Kentucky (29-11), with five freshmen starters, never led in the championship game.

Kentucky was 13 of 24 from the foul line, and missed its final three attempts when the game was still hanging in the balance. The last of them, a miss by Alex Poythress, would have cut the Wildcats' deficit to 56-53 with 3:47 remaining in the game.

Instead, the lead swelled to six when DeAndre Daniels scored at the other end



Shabazz Napier of the Connecticut Huskies drives to the basket against the Kentucky Wildcats on Monday night in Arlington, Tex. JAMIE SQUIRE/GETTY IMAGES

## National title game

60	54
Connecticut	Kentucky

for UConn, and the Wildcats never had a chance to get within a single possession

the rest of the way.

Meanwhile, in Storrs, Conn., more than 10,000 UConn students shook the stands inside Gampel Pavilion, then celebrated with a dance party out in the rain. The school hired a disc jockey in an effort to keep crowds of students under control. As many danced, others were hanging from trees and throwing firecrackers.

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## Horoscopes

### Aries

March 21 - April 20

It's not always easy to get along with other people and today's Sun-Mars aspect will challenge you to be more accepting. From other people's point of view you are often the one making too much noise.

### Taurus

April 21 - May 21

It may seem as if your time and energy has been wasted but that's not true. By the end of the week you will realize you have gained in unexpected ways.

### Gemini

May 22 - June 21

Don't cling to ideas that are well past their sell-by date. They may seem comfortable now but later on they'll hold you back. Time never stands still, and nor should you.

### Cancer

June 22 - July 23

It may at times appear as if life is conspiring against you but you know that isn't true. Most likely your negative thoughts are attracting negative events. Look for reasons to be cheerful today.

### Leo

July 24 - Aug. 23

Do you like a challenge? Of course you do. If you want to remain a contender, especially on the work front, you will need to up your game over the next two or three days. Winning is everything.

### Virgo

Aug. 24 - Sept. 23

Because you have something to prove you won't hesitate to make things happen over the next 24 hours. Not everyone will be happy that you have disturbed the status quo but for you it will be worth it.

### Libra

Sept. 24 - Oct. 23

Creative endeavors are under excellent stars, so if there is an artistic project you want to get started on don't wait. There is no such thing as the perfect time — the present moment is all you ever have.

### Scorpio

Oct. 24 - Nov. 22

Try not to take what you see and hear personally today, not even if others make it personal. Sometimes it's better to let annoying issues sail over your head.

### Sagittarius

Nov. 23 - Dec. 21

The planets indicate the more you are on the move the more likely it is you will meet new people and learn new things — and knowledge is the basis of real power.

### Capricorn

Dec. 22 - Jan. 20

Interesting opportunities are opening up but they will bring an increase in responsibilities too. You only have so much time and energy to spare, so use them carefully.

### Aquarius

Jan. 21 - Feb. 19

The efforts you have put in over the past few months will pay off in a big way eventually, so don't get disheartened if it seems you are not making much progress. A great transformation is taking shape.

### Pisces

Feb. 20 - March 20

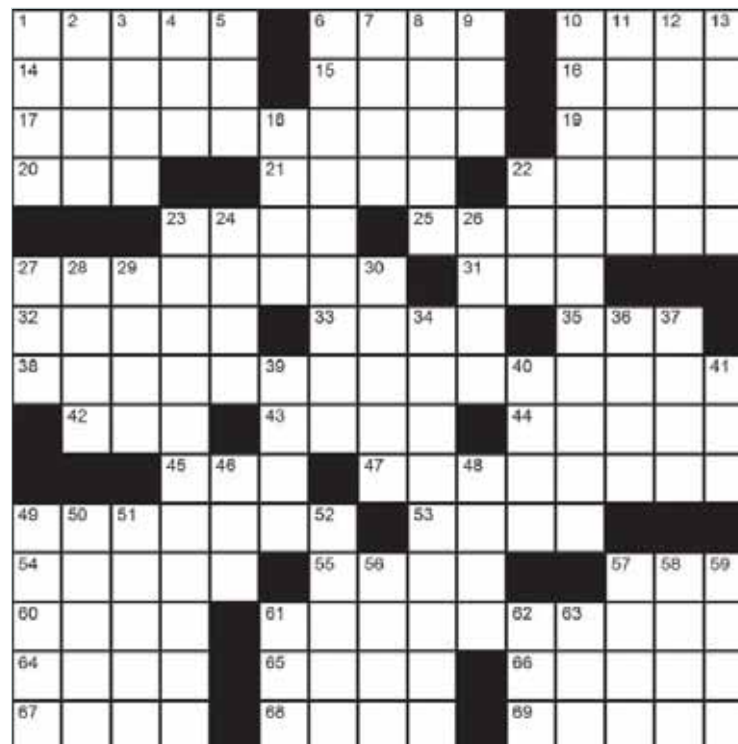
If someone needs your help today you will give it. However, after you have saved them yet again let them know you are tired of riding to the rescue. They need to take responsibility for themselves.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Caterpillar, for example
6. Ring stone
10. Baseball cheers-getters
14. Duck
15. I like = 'I'
16. "In \_\_\_!" (I'm almost done!)
17. "North of 60" is an item on this Canadian singer/actor's resume: 2 wds.
19. Moon goddess
20. She's a sheep
21. Panache
22. 19th-century French composer, Georges \_\_\_
23. Susan Aglukark's "\_\_\_ Na Ho (Celebration)"
25. "Colored Sands" technical death metal band from Quebec
27. \_\_\_ Bay, N.S.
31. Brit's bathroom
32. Poison
33. Twofold
35. Ms. Vardalos
38. Measurers of public support in politics: 2 wds.
42. 'S' in SPCA [abbr.]
43. "\_\_\_ sure you're aware..."
44. The \_\_\_ (International Court of Justice site)
45. Enterprise's letters



47. France/Spain mountains
49. \_\_\_ Salamander (Eastern Canada creature)
53. Mr. Stiller's
54. Garbage
55. Land unit
57. Mr. Kilmer

60. Strait of Belle \_\_\_
61. Montreal \_\_\_ (Pantry item)
64. Prophet
65. "The \_\_\_ Wing"
66. Elliptical path
67. \_\_\_ d'oeuvre
68. Ballpark figs.
69. Requires

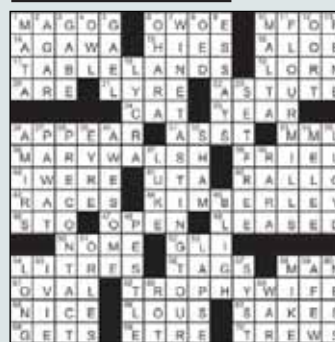
### Down

1. Behind
2. Affirm
3. Eternal City
4. Vikram \_\_\_ (Celebrity chef based in Vancouver)
5. U.S. tooth doc's org.

6. MLB team in Calif., \_\_\_
7. Tower of note
8. In with
9. "Dancing with the Stars" middle-chair judge
10. Halifax people
11. Vehicles-manu-

- facturing company based in Tokyo
12. Dogma
13. Sings a bit of jazz
18. Wrestler, John \_\_\_
22. Richie, to Joanie [abbr.]
23. Canadian coiffure chain, First Choice \_\_\_
24. "There \_\_\_ time left."
26. Stewpot
27. Harper Valley gr.
28. Crops
29. Montreal baseball player, once
30. Spring flower
34. Soldiers' kids, colloquially: 2 wds.
36. William \_\_\_ (1953 Pulitzer-winning playwright for Picnic)
37. Chill
39. Flowers displayer
40. Subsequently
41. Author Ms. Hinton's
46. Sault \_\_\_. Marie, ON
48. Stink
49. Basketball-in-basket sound
50. Lovely stroll
51. Saskatchewan town
52. Schedule times
56. "\_\_\_ magnifique!"
57. Feeling
58. \_\_\_-tongued
59. Permits
61. Stockholm is its cap.
62. Ben, to Brian
63. \_\_\_-game show

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	5	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8

5					9	3	7	
	1			5		6	8	
8			3					5
				9		4	7	
		1			5			
2	8			3				
3					1			9
	5	4		2		6		
	6	9	8					4

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